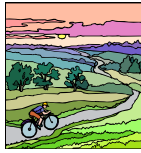


Healthy Shopping List



Brought to you by:

The Rhode to Health Coalition

Vegetables: At least 3 per day

Green: Spinach, Asparagus, Broccoli

Orange/Yellow/Red: Peppers, Beets, Squash

White: Cauliflower, Onions, Parsnip

Fruits: At Least 2 per day

Berries: Strawberries, Blueberries, Cranberries

Citrus: Oranges, Tangerines, Grapefruit, Kiwi

Melons: Cantaloupe, Watermelon, Honey Dew

Other: Pineapple, Bananas, Grapes, Mango

Grains: Choose High Fiber (3 grams per serving) and Whole Grains

Cereals: Bran Flakes, Oatmeal

Breads: Whole Wheat, Rye, Oat-Based

Rice: Brown, Wild

Pasta: Whole Wheat

Oils: Choose Unsaturated Fats

Olive, Canola, Peanut oils

Choose spreads that have no trans fat

Consider non-stick cooking sprays to reduce calories

Meats/Proteins:

Animal Proteins:

Fish: Choose baked or broiled

Poultry: Skinless, white meat

Eggs: Limit yolks to 3 per week

Lean Meats: Trim visible fat

Vegetable Proteins:

Soy Products, Nuts, Veggie Burgers, Beans

Dairy: Less than 5g fat per serving and with 30% calcium per serving (ideally)

Milk: Skim or 1%

Yogurt: low-fat, with active cultures

Cheeses: low-fat, in moderation

Frozen/Canned: Vegetables, soups, canned meats and entrees should be low in sodium and saturated fat. Fruit should be packed in its own juice or no sugar added

Snacks: Choices should have no trans fat. Limit high sugar foods and high fat foods such as cookies, candy, ice cream and chips. Consider Fruits, Vegetables, Nuts and Low-Fat Dairy

Other Items:

This shopping list and more nutrition information can be downloaded from
<http://www.health.ri.gov/HRI2010>

Member organizations of "Rhode to Health" are: Bradley Hospital, Butler Hospital, Care New England Wellness Centers, Eleanor Slater Hospital, Kent Hospital, Landmark Medical Center, Memorial Hospital of RI, Newport Hospital, Our Lady of Fatima Hospital, Rehabilitation Hospital of RI, RI Department of Health, Rhode Island Hospital, Roger Williams Medical Center, St. Joseph Hospital for Specialty Care, South County Hospital, The Miriam Hospital, Westerly Hospital, Women and Infants Hospital of RI